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*Reference: Anti-Influenza virus activities of commercial oregano oils and their carriers. Journal of Applied Pharmaceutical Science 2012; 02(07) 214-18.



Monarchs move McKenna

Federal Environment and Climate Change Minister Catherine McKenna had her mind blown recently. Remarkably, it had nothing to do with the political gong show south of the border. McKenna was visiting the hilltop monarch butterfly reserves in rural Mexico. There, she saw millions of monarchs clinging to oyamel fir trees in mind-bogglingly dense clusters, surprisingly well camouflaged for such colourful critters. She then wrote a heartfelt article calling on people in Canada to act before monarchs go the way of passenger pigeons and buffalo.

Since the 1990s, the eastern monarch population has declined by about 90 percent. More than a billion monarchs once made the journey to Mexico. In winter 2013, that dropped to 35 million. Modest increases since then have largely been erased. An intense late-winter storm wiped out more than six million monarchs last March and unfavourable weather conditions during critical breeding periods caused a 27 percent reduction over the past year.

The butterfly population could hit levels
so low recovery is impossible.

Much of the overall decline has been pinned on the eradication of milkweed through widespread use of the herbicide glyphosate (known as Roundup) in the US midwest and southern Canada. Milkweed is a host plant and the only food source for monarch caterpillars. Extreme weather conditions... have exacerbated the decline.

In 2016, scientists estimated the monarch population has up to a 57 percent chance of "quasi-extinction" over the next 20 years. That means the population could hit levels so low recovery is impossible. Others suggest the migration into Canada could end. In November, scientists overseeing at-risk species in Canada said the government should list the monarch butterfly population as endangered.

Pre-eminent monarch advocate Chip Taylor estimates that more than a billion milkweed will need to be planted throughout the range if the population is to recover. That would require unprecedented co-operation and collaboration by agencies, groups and scientists throughout the monarch's 5,000-kilometre migratory route... especially in the northern end of the range where 44 percent of the population originates, according to University of Guelph scientists.

In the US, plans have taken flight over the past few years. Federal and state agencies collaborated to develop an ambitious 10-year plan to increase the monarch population, providing more than 10 million for research and conservation efforts. Former president Barack Obama helped launch a plan to establish one million bee- and butterfly-friendly gardens across the continent, including butterfly gardens on the White House grounds.

In Mexico, government agencies, international organizations and local groups like Alternare are working diligently to protect the forests where monarchs overwinter.

What's missing is action from Canada's government. The good news is that the person with the most power to influence the plight of this imperilled species is Minister McKenna. Whether Canada legally protects monarchs, as recommended in November by federal scientists, is up to her. That's why her new-found love of monarchs renews my hope.

If Canada is serious about saving the monarchs, the federal government needs to start now. 

Excerpted from "Marvellous monarchs move Minister McKenna." **David Suzuki** is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation communications strategist Jode Roberts. Learn more at www.davidsuzuki.org

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The Real Estate Crisis in Vancouver:

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Featuring American Economist
Michael Hudson

Michael Hudson is President of The Institute for the Study of Long-Term Economic Trends (ISLET), former Goldman Sachs economist turned critic, Distinguished Research Professor of Economics at the University of Missouri, Kansas City and author of *J is for Junk Economics* (2017), *Killing the Host* (2015), *The Bubble and Beyond* (2012), amongst many others.

Hudson will discuss the foundations of the real estate crisis in Vancouver and what we can do about it, followed by a moderated dialogue.



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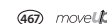
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Top election issues affordability and the environment

I have been feeling the pressure. How about you? The clearest explanations I have found come from an independent economist Michael Hudson who used to work on Wall Street but quit in disgust. He says we have been deceived by fictitious capital. Hudson will speak at the Rio Theatre in Vancouver on April 11. The following quotes are from his book *The Bubble and Beyond*.

"The International Monetary Fund (IMF) imposes austerity on debtor economies, shrinking their investment and production. This causes unemployment and a domestic financial crisis, while making them more dependent on foreign suppliers. A widening trade deficit ensues, financed by further borrowing whose interest charges aggravate the overall payments deficit in a deteriorating spiral."

"Forecasts promising that austerity will revive growth and that debt leverage helps economies get richer faster are rarely innocent."

"When it comes to minimizing the role of debt and credit, the financial sector's motivation is to distract attention from the problems caused by debts growing beyond the ability to be paid, disrupting economies and add to the cost of living and doing business."

"This turns economics into a public relations lobbying effort for financial deregulation."

And that, coupled with unlimited election campaign funding allowed from outside of Canada, is how BC elections get bought by non-BC interests. In other words, the BC government is not working for us. Their campaigns are paid for by corporations and other interest such as the Tar Sands, pipeline and LNG companies, resource extraction businesses, and big banks who invent money as debt on their computer keyboards.

When our first-past-the-post politicians sign onto the international debt contracts, we become the unwitting underwriters. We have been deceived and abused financially. My hard working children and grandchildren cannot afford to own a home in the city they love. Housing prices have brought profit to the banks while wages and pensions have stagnated.

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My parents bought a big house in Coquitlam with a large front and back yard where we planted apples trees in 1957 for \$13,000 and had it paid off completely in two years. We can't do that now, while those with a fake non-proportional majority in government keep raising their own salaries and selling off public lands or assets to "balance the budget" and line the pockets of their rich sponsors. Parents in BC have to enter a lottery to see if their kids can get a place in kindergarten or day care because money the was taken out of the education infrastructure for years, by the same people who now give us back chump change just prior to an election. Yes I have had enough. And, yes we can do something about it come May 9th, vote the posers and pimps out.

Beyond Mars and Venus

by John Gray

Both men and women require a new kind of emotional support that embraces greater authenticity, intimacy and personal expression. Gone are the days when a woman was required to be submissive and dependent on men and a man had to carry the burden of providing for his family alone.

This change has created incredible new opportunities, both for relationships and individuals. People have the opportunity to be themselves in ways they never could before and to embrace characteristics beyond those of their traditional gender roles, allowing for relationships of more profound intimacy than ever before.

But these changes also bring significant new challenges. We must learn to successfully express our masculine and feminine qualities in ways that reduce, rather than increase, our stress. And we must learn how to support our partners' new needs as they do the same for us.

Just because women today work side by side with men in the workplace and men participate more in raising their children, it does not mean men and women are the same. Our roles are certainly changing but our biology is still very different. And because men and women are different, we react to the changes in our roles in different ways, ways that are often misunderstood and misinterpreted by our partners.

These challenges relate to single people as much as to couples because the changes in our modern relationships are a reflection of the changes that are currently happening within us as individuals. The new insights we receive by going beyond Mars and Venus are necessary not just for romantic relationships but also for our own happiness as well as that of our children.

What we are witnessing is a dramatic shift in the context of our relationships. Trying to have successful relationships today while using the skills and insights developed for traditional relationships over thousands of years is simply not enough and does not work.

For both men and women, providing each other the new support necessary to create a fulfilling relationship is a tall order. Most men have no role models for providing this kind of support. I know I certainly didn't. Our relationship training came from watching our fathers, who may have been skilled in the old model but not in this new one. By going to work every day to provide for their families, our fathers could fulfill most of our mothers' relationship expectations.

This journey of transformation into someone who knows their own needs and is able to support their partner's is not immediate. But you can begin this journey now; you don't have to wait for your current partner or a future partner to join you. All it takes is for one partner to change and the relationship will change. Eventually, as one person becomes a better partner, the other comes along.

When you are coming from a place of fulfillment, you have more to give. When your heart is fully open, and you

have new gender-specific insights regarding your partner's new needs, not only will you experience a higher level of fulfillment but also, with your help, your partner will be able to respond better to your own new needs. It rarely works to ask for more when you are dissatisfied with what you are getting. But even more important, it never works to ask for more when your partner is not getting what they need.

To improve your relationship, your first step is to find your way back to opening your heart without depending on your partner to change. Your second step is to feel, say, or do what you can to help them. By giving them what they need, they will be way more inclined to give you what you need in return. Your third step is to ask for more in small increments while giving your partner big rewards for giving more. This is your formula for success; expecting more without giving more first is a formula for failure. In addition, expecting too much too soon will also sabotage all your efforts.

By understanding what is most important to your partner's fulfillment, you can more successfully target your energies and love. Both men and women in relationships need to find their own happiness first without depending on their partner changing. Likewise, a single person must find their happiness without depending on finding the perfect partner for them.

To be happy and fulfilled in our relationships, we first need to be happy and fulfilled in our lives. It is unrealistic to depend on our intimate relationships as the sole source of fulfillment. When we create a life rich in friendships, family, exercise, good food, meaningful work or service to the world and have plenty of opportunities

for fun, entertainment, education, personal growth, and spiritual devotion, then having a loving relationship can make us even happier. To experience lasting love in relationships today, you must find a baseline of happiness by fulfilling your other needs separate from your needs for an intimate relationship.

It is much easier to drop a bomb than to drop our egos and find love. It is much easier to escape the pain of our broken hearts by running away from love. But those who continue to try are the most noble and deserve more love and encouragement, even – especially – when they make mistakes.

Today we all want more – from our lives and from our relationships. The good news is that we *can* have more. But first, we must learn how to get it. ■

Excerpted from the introduction to **Beyond Mars and Venus: Relationship Skills for Today's Complex World** by John Gray. (Bella Books)

EVENT March 25

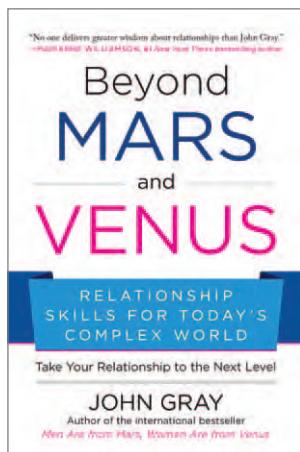
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Talk: **Beyond Mars & Venus** (his new book).

Full details at www.womensvoicehealthshow.com



The hero behind the thalidomide exposé

Dr. Frances Oldham Kelsey

1914 - 2015

by Roxanne Davies

When Dr. Frances Oldham Kelsey applied for post-doctoral work at the University of Chicago, the employer mistook her name for that of a man's. Sharing with a professor she thought she might be accused of depriving a man of his capacity to support a wife and child, her professor replied, "Don't be stupid, accept the job. Sign your name and put 'Miss' in brackets."



Thankfully, Dr. Kelsey followed the advice and accepted the job. With an outstanding combination of character and career skills, she would eventually save countless pregnant women and their babies in the US from the thalidomide disaster. Tragically, Canada allowed the drug to be prescribed to Canadian women between 1960 and 1962.

In 1959, the American Food and Drug Agency (FDA) tasked Dr. Kelsey with reviewing thalidomide, a new drug synthesized in 1954 by the German drug manufacturer Chemie Grünenthal. Touted as a wonder drug in Europe to treat insomnia and alleviate morning sickness, which, in some severe cases can last for hours, thalidomide was available over-the-counter in at least 46 countries under many different brand names, from October 1, 1957 into the early 1960s.

Skeptical about the manufacturer's clinical studies, Dr. Kelsey refused to authorize it for market in the US, noting the company's arguments for safety were not convincing. Executives from the drug manufacturer wrote, phoned and showed up at her lab to try and persuade her to approve their application, *continued p.8...*

Your natural health products under **illegal** attack

Health Canada moves to put natural remedies in checkmate

by Shawn Buckley



We all have defining moments when it becomes clear that what we believe is simply not true. In the area of the regulation of natural health products (NHPs), I have had two defining moments that made it clear my beliefs were false. Prior to these two defining moments, I actually believed Health Canada wanted to protect us. I also believed the wishes of the people meant something to the government.

My first defining moment happened during a trial where I was defending an NHP company from Health Canada charges, such as selling their product without a licence. At the time, only the chemical drug regulations existed and such a product could not be licensed. A Health Canada inspector was in the witness box. I suggested to her that the purpose of Health Canada was to protect the health of Canadians. I thought this was a no-brainer suggestion. I fully expected her to say yes. She did not. Rather, she explained that the purpose of Health Canada was to enforce the Food and Drugs Act and Regulations. People in the courtroom were stunned. We all believed that the purpose of Health Canada was to protect us. This was a false belief.

The purpose of Health Canada is to enforce the law as it is currently written, not to protect our health. Fortunately, in that case, the court acquitted the company of all charges finding it was legally necessary for the company to protect people rather than be in strict compliance with the law. This was a case in which I asked the Court to rule that Health Canada caused deaths by restricting access to a natural remedy.

My second defining moment happened when I was lobbying in Washington DC concerning proposed changes to how their dietary supplements were regulated. We had just finished meeting with a Senator. While we were packing up, the Senator's aid asked if he could speak to us. This aid was around 50 years old and had been an

aid to senators and congressmen his entire working life. In short, he was a Washington insider. He explained to us that, at that time, there were one and a half full-time pharmaceutical lobbyists for every senator and congressman. He went on to explain that the influence of the pharmaceutical lobby is so great that most senators and congressmen are aware of the share prices of the pharmaceutical companies. He was, in effect, trying to make it clear to us that we would in no way have any influence on government policy, as we could not compete with the pharmaceutical lobby. I knew that there was a strong pharmaceutical lobby in both the US and Canada. I simply did not appreciate how pervasive it was. In my defence, this was before the release of Dr. Shiv Chopra's book *Corrupt to the Core*, which gave an inside view of corruption within Health Canada. Dr. Chopra's book should be required reading for anyone who thinks Health Canada can currently be trusted to protect us.

These two defining experiences made it clear to me that:

- Health Canada is not there to protect my health. They are there to enforce the law (regardless of the flaws in the law) and
- I could not count on the law being drafted to protect my health where my interest in health conflicted with the interests of the pharmaceutical lobby.

My dealings with Health Canada over the years have strengthened my belief that Health Canada is not there to protect us. In every instance where I have been involved as a lawyer and Health Canada is seeking to take an NHP away, Health Canada has never taken into account the risk of removing the NHP from Canadians who may depend on it. In the court case I referred to earlier, I led evidence of deaths caused by Health Canada restricting access to a NHP. Despite warnings that restricting access to the NHP could lead to deaths, Health Canada never took into account the danger of removing the product. Health Canada was only concerned with enforcing the law, regardless of the law causing harm and death. I have never seen Health Canada do a balanced risk analysis (i.e. one that balances a risk posed by a product against the risk of removing the product) to ensure that the safest course of action is taken. Health Canada is only concerned with strict compliance with the law, even if strict compliance will lead to harm.

Because Health Canada always demands strict compliance with the law, you should be very concerned about any moves to strengthen Health Canada's ability to take natural remedies away.

Currently, Health Canada is signalling they want to change how natural remedies are regulated. These changes may signal the endgame for any practitioner or

company that is more concerned with good health outcomes than the over-regulation of natural remedies.

Currently, NHPs are regulated as a special type of drug. Much of our knowledge of natural remedies comes from experience. For example, the British Navy learned that the vitamin C in limes prevented scurvy. Limes or lime extract could be licensed as an NHP based on this learned experience. It would not be necessary to run expensive clinical trials to prove limes treat scurvy. Indeed, if it were necessary to run expensive clinical trials for a lime scurvy remedy, we would never have access to limes to treat scurvy. This is because of our intellectual property right laws.

If a chemical drug company invented a new drug they wanted to use to treat scurvy, they would have a patent on the new drug. Their patent would prevent any other company from selling a copy of the drug until the patent expired. The patent, in effect, creates a monopoly. Because there is a monopoly on the drug, the company can afford to go through the expensive clinical trial process. If they are successful, they can recover the costs of the clinical trials by charging a high price for the drug. They have a monopoly so the high price has to be paid. This is why new drugs are so expensive until after the patent expires.

An NHP company wanting to sell a lime extract for scurvy would not have a monopoly on their product. They did not invent limes and will have no intellectual property rights to limes or lime extract. In short, they cannot patent limes or lime extract. They would not be able to raise funds to go through the clinical trial process, as they would not be able to recover the cost by charging high prices. This is because they would not have a monopoly on the remedy. Any other company could copy the product and sell it at a lower price because there is no patent.

If you want to maintain your access to natural remedies, it is essential that NHPs are not subjected to the same types of evidence as is required for chemical drugs. Unfortunately, Health Canada is currently proposing subjecting NHPs to the same evidence standards imposed on chemical drugs. Not only does this ignore the differences in intellectual property rights, but it also ignores the risks of further restricting our access to natural remedies.

It is important to understand that there has never been a death caused by a NHP in Canada. Years ago, I made an Access to Information Act request of Health Canada asking for evidence of any deaths caused by NHPs going back to confederation in 1867. Health Canada could not point to a single death caused by a NHP. When our current NHP Regulations were introduced, the Regulatory Impact Statement made it clear it was inappropriate to reg-

continued p.9 ...



Long life, great health

When you consider the diseases and deaths of older people in your family, does it seem like your life might follow a similar pattern? Well, it turns out that changing your lifestyle can actually change your genes. Through lifestyle choices, we can turn on the genes that keep us healthy and turn off the genes that contribute to chronic inflammation, oxidative stress and the oncogenes that promote prostate, breast and colon cancer.

Studies have shown that within three months, a shift in habits can alter more than 500 genes. One researcher on this subject, Dr. Dean Ornish, revolutionized medicine with his powerful evidence that four lifestyle choices – adopting a plant-centred diet, getting moderate and regular exercise, reducing stress and not smoking – could turn around heart disease. Starting with prostate cancer, Ornish has extended his research into the exploration of various cancers.

Through lifestyle choices, we can turn on
the genes that keep us healthy.

One study was co-conducted with Elizabeth Blackburn, who received the 2009 Nobel Prize for her research on telomeres, the protective ends of our chromosomes that control aging. They are like the plastic tips at the end of shoelaces that keep your shoelaces from unravelling. The telomeres keep your DNA from unravelling. As our telomeres get shorter, our lives get shorter and the risk of disease and premature death increases. Blackburn investigated the actions of telomerase, the enzyme that can replenish and counteract the shortening of telomeres.

Short telomere length in blood cells is associated with ageing and ageing-related diseases, such as cancer, stroke, vascular dementia (Alzheimer's), cardiovascular disease, obesity, osteoporosis and diabetes. For example, men with shortened telomere length in prostate-cancer-associated stromal cells are at a substantially increased risk of metastasis or dying from prostate cancer.

I had the privilege of being a staff dietitian on some of Ornish's groundbreaking research on the reversal of cardiovascular disease through the four lifestyle changes noted above. Participants adopted low-fat diets centred on whole plant foods. Simple and inexpensive lifestyle changes were shown to turn around disease indicators within a short period of time, not just by affecting symptoms, as drugs do, but by also addressing the underlying causes.

Whoopi Goldberg says, "74 is the new middle age." This month, I turn 75 and I hope I am just two-thirds of the way along the path! On March 31, I will be speaking in Vancouver on creating a life lengthening lifestyle. I'll also address the latest tips about dietary sources of iron, optimal serum ferritin levels, keeping blood glucose level throughout the day, protective phytochemicals and practical tips for excellent protein intakes on plant-based diets. This event takes place in Vancouver's first cohousing community, a modern form of village that was first developed in Denmark in the early 1970s. Cohousing effectively solves some of the problems of isolation that can occur in modern urban living and allows for the psychosocial support that has been shown to reduce risk of chronic disease. [K](#)

Vesanto Melina is a Vancouver dietitian and co-author of the award winning **Becoming Vegan: Comprehensive Edition** and other books. www.nutrispeak.com

EVENT Register to see her in person (limited seating) on Friday March 31, 7:15 PM at Vancouver Cohousing through Meatless Meetup. www.meetup.com/MeatlessMeetup/events/236730119/ email: vesanto.melina@gmail.com

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...Hero from pg. 5

but she would not budge. They called her an obstructionist nitpicker.

In early 1961, Dr. Kelsey spotted a letter in the *British Medical Journal* written by a Scottish physician who cited incidents of nerve damage among his patients taking thalidomide. Dr. Kelsey asked why the drug's manufacturer had never mentioned the troubling side effect; she also began to press company officials about the effects of thalidomide on a fetus, for which the drug makers had not done any testing. By November 1961, she was vindicated when the full scope of the thalidomide tragedy began to unfold. News from Europe linked the drug to birth defects, including stunted or missing limbs, heart malformations, deafness and blindness.

Dr. Kelsey was instrumental in ensuring that thalidomide was never prescribed to any pregnant woman in the US. Although thalidomide was withdrawn from the West German and UK markets by December 2, 1961, it is shameful it remained legally available in some Canadian pharmacies until mid-May 1962.

It has been estimated that thalidomide maimed 20,000 babies and killed upwards of 80,000 worldwide. Many families with surviving children filed civil suits, but all the victims had to wait years without support because the criminal trial took precedence. When the criminal trial of employees of Chemie Grünenthal opened in the town of Alsdorf, in the district of Aachen, on May 27, 1968, it promised to be comparable in scale and emotional intensity to the post-war Nuremberg trials. Nearly 700 people crowded the biggest space in the

region: a casino. Every day, the judges, lawyers, scientists, press and witnesses passed by three deformed children nursed by Red Cross sisters while their mothers waited inside hoping to learn the cause of their children's affliction. The trial lasted two and a half years. The trial ended in April 1970 when proceedings were halted because it was deemed there was little public interest in securing a conviction.

More than half a century after the pill's threat to an embryo was proven, the company that produced the first disaster continued to sell the drug in parts of Latin America, through prescription only, and babies continued to be born with malformations similar to the survivors from the 1960s. Initially Grünenthal had insisted that it was blameless, claiming the thousands of abnormal births were an act of God. The company now admits its role in the drug disaster and that the thalidomide tragedy will forever be part of their history. Grünenthal would eventually provide approximately 100 million marks as compensation for the victims.

Thalidomide is making a comeback as a strictly regulated drug prescribed by doctors to combat serious skin conditions such as leprosy and is being explored as an HIV/AIDS or cancer drug. Celgene Canada, based in Mississauga, Ontario, provides biotech therapies and has rebranded thalidomide as Nightmare Drug to Celgene Blockbuster.

In 2010, the British government officially apologized to people hurt by the drug, after earlier agreeing to pay £20m (US\$31m) to thalidomide's victims. In 2013, a class action suit by Australian and New Zealand victims

of thalidomide against the drug's British distributor Diageo Scotland Ltd. was settled for \$89m.

It is unknown how many Canadian women and children were harmed by thalidomide, but in 1991 there were 109 Canadians who could prove they were thalidomide damaged. In May 2015, the Canadian Conservative federal government announced details of the compensation package for the 92 remaining Canadian survivors. They would receive annual pensions of up to \$100,000 depending on the severity of their disability for the remainder of their lives. An additional \$500,000 was placed in a medical assistance fund to be accessed by individuals to help with mobility and adaptive tools as required. Prior to the government compensation package, the average thalidomide survivor "survived" on \$14,000 a year.

I was humbled by the personal stories and photographs of our Canadian survivors who showed tremendous grit and grace in their daily struggles. It is a sad irony that Dr. Kelsey was not able to save her fellow Canadians, however, remaining survivors have graciously thanked her for her life's work. Mercedes Benegbi, executive director of the Thalidomide Victims Association of Canada, said the tribute to Dr. Kelsey is deeply deserved: "To us, she was always our heroine even if what she did was in another country." Dr. Kelsey was born in Shawnigan Lake on Vancouver Island and was a dual citizen for most of her professional life, visiting often, but returning to Canada in her late 90s.

Compassionate, courageous truth-tellers often are responding to a higher calling, a *continued p.19...*



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...Freedom from pg. 6

ulate NHPs the same as chemical drugs because the NHPs had such a low risk profile.

Unfortunately chemical drugs do not share the low risk profile of natural remedies. Indeed, chemical drugs are one of the leading causes of death in Canada. Even over-the-counter chemical drugs like common painkillers and cold remedies cause a number of deaths each year. It is because chemical drugs are so dangerous that restricting our access to natural remedies will lead to death and harm.

Let me use nattokinase as an example. Nattokinase is a naturally occurring enzyme that can thin the blood. It is freely sold in the US. It used to be freely sold in Canada. Then Health Canada decided to restrict our access to nattokinase saying it was risky. I searched Health Canada's Adverse Reaction Database and could not find a single harm event, let alone a death, caused by nattokinase in Canada. When I searched the same database for harm and death caused by the chemical drug blood thinners, there were many reports.



My dealings with Health Canada over the years have strengthened my belief that Health Canada is not there to protect us.

When Health Canada is demanding a natural product be removed and it is unsafe to follow Health Canada's direction, the current penalties under the Food and Drugs Act are fines of up to \$5,000 and/or three years of jail. Most persons or companies who have put a natural remedy on the market can survive such penalties. This enables them to act responsibly when following Health Canada's direction would put Canadians at risk. If Health Canada's directions are not followed, Health Canada can apply to a Superior Court for an injunction or other orders to ensure the law is followed. However, a Court will also have the opportunity to hear about the risk of removing a product, and will try to steer the safest course.

Health Canada is wanting to change the status quo. They want to be able to order recalls for NHPs without involving a Court. They also want to increase the penalties to fines of \$5,000,000 a day for any violation, including for not following Health Canada recall orders. In addition, any management or employees involved in the violation could also be personally subjected to the \$5,000,000 a day fines. I cannot think of a single NHP company that could withstand such fines. In effect, resisting Health Canada directions when it would be unsafe to follow them will be at an end.

Anyone who is concerned about giving a regulatory body the absolute say about what remedies are available should be concerned about the proposed changes. When new regulations and/or amendments to the Food and Drugs Act are introduced, we are all going to have to be ready for action. This is the most threatening proposal since the infamous Bill C-51. I am inviting all readers to do three things to prepare: 1) For a more thorough understanding of the proposed changes, visit www.nhppa.org and read my Discussion Paper on them; 2) Visit www.charterofhealthfreedom.org to familiarize yourself with the Charter of Health Freedom, which is a solution to the over-regulation of natural products, and 3) Financially support groups that will be resisting these changes. Advocacy for your health rights does not happen in a financial vacuum. You will either support groups such as the NHPPA or they will not have the resources to work on your behalf.

We are entering a time where unless we stand up and be counted, we will forever lose the right to decide for ourselves how we will treat ourselves or our loved ones when we/they are sick. Will you be counted?



Originally published in **Vitality** magazine, December 2016 (www.vitalitymagazine.com) Excerpted from the article "Freedom of choice threatened – again."

Shawn Buckley is president of the National Health Products Protection Association (www.nhppa.org).

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Eating our way to better mental health

Let food be thy medicine and medicine be thy food.
– Hippocrates

There are very few golden bullets in medicine, very few. But some pharmaceuticals are extremely useful, especially if you've got type 1 diabetes, heart disease, severe pain or asthma. Then your drugs may be saving your life.

But, as I've said before, the problem with an overly drug-centric approach to healthcare is that it relentlessly eclipses other options. Much of our medical care is underpinned by research dominated by drug makers with the resources to conduct large, randomized, controlled trials. We need those studies, but we find the treatments that do not fit the profit paradigm are starved for respect and research funds, meaning the bias deepens and we end up with the kind of health care that society has decided to pay for.

Particularly problematic in our pharma-centric world are psychiatric treatments, often studied in questionable trials for short periods of time on people with indeterminate diagnoses. They are then used incredibly liberally even when evidence emerges, as it has with antidepressants and antipsychotics, that many people are being hurt by them.

Increasingly, even though society is swallowing growing amounts of drugs for such conditions as anxiety, depression, ADHD, mood and anxiety disorders, the prevalence of those disorders continues to climb. Where is the kid asking why the Emperor is naked? If we're spending so much more every year on drugs for psychiatric illness, why aren't the rates of mental illness dropping? Something is wrong here.

I think about this in the context of some friends of mine. They are having a terrible time with their daughter, who is so anxious she can't go to school. I'm not sure what's going on, but it appears she's in a real rough space. She's been taken to the hospital on numerous occasions and there have been several attempts to get her to see a child psychiatrist. She hasn't been prescribed any drugs yet, but I'm pretty sure that when she finally gets in to see the psychiatrist, she'll begin her entrée into the world of psychiatric drugs.

This is the standard road travelled by many people who are depressed, anxious, sleepless or hyperactive, yet there may be other options worth exploring. Certainly, cognitive behavioural therapy ('talk' therapy) and exercise come to mind. We're also witnessing the growing area in the use of micronutrients – the essential minerals and

Science shows we can

vitamins we consume in our food and its importance to our mental health.

Bonnie Kaplan, an emeritus professor at the University of Calgary, has spent much of her professional life studying micronutrients, particularly in the context of mental health. The body and brain require a fairly large array of vitamins, minerals and essential fatty acids and when we have deficits it's possible our brains suffer even more than our bodies. In our phone conversation, Bonnie tells me, "This is all about nutrition above the neck. The brain is the biggest consumer of nutrients."

Because people have genetic differences, respond to stress differently and, hence, have different micronutrient needs, it is plausible that many of us could have nutrient deficiencies that affect our mood. We have to remember that nutrients are involved in every biologic, chemical and physiologic process.

"There are 50 known genetic mutations in the realm of physical health, where an alteration in the ability of enzymes to grab and hold the nutrients that they need for optimal metabolism is impaired. They need extra nutrients to make the pathways work," Bonnie says.

She brims with enthusiasm noting there are somewhere in the neighbourhood of 45 clinical trials testing micronu-

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trients in a variety of mental health conditions, including insomnia, ADHD, psychotic disorders, mood and anxiety. And she's seen the greatest benefits using them to treat irritability, mood dysregulation, bipolar-type symptoms and explosive rage.

As an example of the kind of research out there, she describes an "amazing study from Spain," best known for studying links between nutrition and cardiovascular disease, but which has also evaluated links to mental health. The researchers took about 9,000 people with no mental disorders and looked closely at what they ate, quantifying their intake of prepared pastries, processed foods and other forms of junk food. They divided the participants into three groups, depending on their consumption of processed foods, and waited about six years to find out who would be diagnosed with a mood or anxiety disorder.

"Those in the study who consumed the least processed food had a very low probability of developing mood and anxiety disorders. The group in the middle were generally ok, too," Bonnie told me. "But those with the highest intake of processed foods were at high risk of becoming depressed or anxious."

Bonnie is well aware of the difficulty this research has in making any inroads in the pharma-dominated world of psychiatry. Whether it is Omega-3s, vitamin D or calcium, so much research energy is put into studying single nutrients at a time. Many times she has seen researchers unable to get funding to study broad-spectrum micronutrients because of the central research tendency – and perhaps human nature – to want to find a single magic bullet. One reviewer asked, while looking down the list of 40 or so micronutrients in a nutritional formula proposed for a study, "Which is the important one?"

"They're all important!" Bonnie exclaims. There is a strong rationale for studying a large batch of micronutrients together, which comes in a 'broad spectrum formula,' because the body requires all kinds of vitamins and minerals to work properly.

Another surprising finding came from a study in adults with psychotic disorders. Everyone was initially given a broad-spectrum micronutrient supplement. After a month, they were supposed to be randomized to receive either the supplement or a placebo in a blinded fashion. The wheels fell off the study when the patients refused to be randomized because they didn't want to take a chance in giving up the formula. If the study participants themselves are that adamant about the effectiveness of the formula, there is probably something there!

There are a number of companies that produce broad-spectrum formulas containing vitamins, minerals and antioxidants and one might wonder how much bias seeps into this research, as we see in the pharmaceutical world, when the manufacturer pays for the research, gives out research grants and otherwise shapes the research in ways that support its product?

Having witnessed the intertwining of the pharmaceutical industry and the mental health world, and the resulting corruption of the mental health scientific literature, Kaplan and her colleagues have insisted on putting a firewall between the manufacturers and the research: they won't accept research money from those making micronutrient formulas.

Researchers like Bonnie Kaplan are doing exactly the type of research the world needs more of. Most probably, there is a great link between nutrition and mental health. The way we currently treat mental illness needs a complete rethink and it must include better research and a better use of a range of treatments – even things we eat.

Kaplan sees the huge price governments and individuals are currently paying for the relatively ineffective pharmaceutical model of psychiatric care. They need to know that micronutrients, while no magic bullet, could be a very effective and safe way to help many people with mental health challenges. In two published studies, they have shown that micronutrient treatment was not only more effective, but it also cost less than 10% of conventional care. It seems that governments could save a bundle if they helped contribute to the research and the treatments.

Kaplan has established two donor-advised charitable funds and has already raised over half a million dollars to support the clinical trials of junior colleagues around the world who are passionate about studying the use of nutrition for mental health. Contact her at kaplan@ucalgary.ca or donate directly to this kind of research through the Calgary Foundation. 

Alan Cassels is a former drug policy researcher, a writer and the author of several books on the pharmaceutical industry.



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Mac McLaughlin

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March 2017

LET'S FANTASIZE for a few minutes and see where we get to. How about this? Three hundred thousand years have gone by and now we're in the Golden Age. Everybody is getting along. There's peace on Earth and love prevails throughout the land. There are no borders, no wars, no pollution, no violence, pestilence or disease. We are all one people on one planet in which race, creed and colour mean nothing. Men and women are equally respected and accepted. The children flourish and everyone lives in harmony. Utopia, ecstasy and freedom prevail and all is well on dear, old planet Earth. Can we find anything wrong with this picture? Is something not right? The true problem is that even with attaining every particular thing, we are still confined within the limitations of our physical bodies. We are still subject to birth and death and to the cycles of Awagawan, in which we journey throughout the ages, very much still stuck in the cycle of 84.

Awagawan is a term indicating the soul's journey through the cycle of 8,400,000 species of life forms, from mineral, to plant, to insect, reptile, bird, animal and human form, ad infinitum. In other words, if we had the whole thing together and had all we could possibly desire, we would still feel at a loss and discontented with our lot. The problem is that we're not from the Earth; our true home lies far above the stars, in a land that has eternal life and eternal love and bliss and it is not subject to change.

My beloved Guru, Param Sant Kirpal Singh ji Maharaj, gave the analogy of men being in prison. Upon seeing the condition of the prisoners, a benefactor made a donation so the men could have better food. Another benefactor decided to give better clothes. And a third benefactor set the men free. Which benefactor do you think the prisoners appreciated the most? Okay, let's plummet back into 2017, smack in the middle of the Iron Age with all of its accoutrements of loneliness, despair, war, pain, disease, addiction, prejudices and hatreds. What to do? It seems like we've gone a bit mad and we're certainly not treating each other very well. However, all is not lost and there is much to gain. The true Sant Gurus have stepped onto the Earth and are busy emancipating the souls and directing them homeward. Our daily work is to begin to create the Golden Age again, by truly striving to love one another, with no excuses or exclusions, only peace and love. See you on the high side.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.



ARIES Mar 21 - Apr 19

The Sun enters Aries on March 20, placing you in your solar high of the year. Mercury, Venus and Uranus are visiting as well, while Jupiter and Saturn cast good energy your way. The indicators are good, very good. It's up to you to either do something with it or just languish through the fine spring days.



TAURUS Apr 20 - May 21

Fiery Mars visits until April 23, bringing energy, strength and activity into your life. You'll be busy, which you may not mind. Keep in mind that Mars also rules fires and accidents so go slow. Measure twice, cut once. It may be wise to measure your responses as a war of words could develop easily.



GEMINI May 22 - Jun 20

Your solar career sector is a bit cloudy and a tad murky until mid-March. Then the clouds part and you can see your way through; you will know what to do. Stay above board and don't stoop to any form of low activity. Speak the truth, as it will set you free.



CANCER Jun 21 - Jul 22

Travel and solar career sectors are hot and it is likely you will be on the move. You may be inclined to take a spiritual vacation or a time out, in which you consider your options. Work and feed the spirit first, pocketbook next. In this way, you have your priorities right with no confusion.



LEO Jul 23 - Aug 22

Leo is one of the true metaphysical signs of the zodiac. You are on a quest for truth, light and love. Now, as the stars light up your solar eighth house, you may be inclined to dig in deep and leave no stone unturned. Life's mysteries, death and the afterlife are topics that come up now.



VIRGO Aug 23 - Sep 22

You work so hard and so diligently and generally you have all your ducks in a row. Bravo! But is it enough? I don't think so, especially if you leave yourself vulnerable on the level of spirituality. Put up your treasures where rust cannot corrupt. In other words, feed your spirit first.



LIBRA Sep 23 - Oct 22

You can play now and pay later or pay now and play later. Jupiter is on board bringing you all kinds of gracious gifts. Please do not squander them on trivial endeavours. Head for the high ground and strive with all of your heart and soul towards enlightenment. Ask and it shall be granted.



SCORPIO Oct 23 - Nov 21

Relationships seem to be the hot topic for Scorpio these days. You are not alone – you're never alone – although you may feel that way. You are here to finish off your give-and-take karma with the souls you have past life indebtedness with. Take it as a special, gracious duty to do so.



SAGITTARIUS Nov 22 - Dec 21

Big lessons come in waves. Get one done and another pops its head up. It's going to be that way for a while so you might as well get into it and embrace it. It's just a cleansing of the karmic slate and you may feel quite unburdened once you get through it all.



CAPRICORN Dec 22 - Jan 19

You were thrown into the cosmic blender years ago and soon you will be able to reassemble yourself in a brand new way. To put it mildly, you are in the midst of a rebirthing and renewal of all things. This time around, don't forget your spiritual values. It's the only reason you're here.



AQUARIUS Jan 20 - Feb 19

Take me to your leader. Oh yes, you are plenty capable, competent and courageous. It's just that you have been slumbering in the stones for many lifetimes and now the time has come for you to awaken and move towards the light. You have it in you and the power just needs to be awakened.



PISCES Feb 20 - Mar 20

It's your time to shine and I don't think anyone can burn such a bright flame as dear Pisces when they're at the top of their game. You are the mystic in our midst. Yes, I know you don't know, but you do know, don't you? Purify, forgive, pray, love and give of yourself.



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Is it my partner or is it me?

Projection makes the whole world a replica of our own unknown face.

– Carl Jung

Projection in relationships is the tendency to disown qualities we don't like in ourselves and see them in others instead. It is a subconscious defence mechanism, meaning we are not even aware we are doing it.

A man who finds himself attracted to other women, but has not fully admitted it to himself, may accuse his partner of being unfaithful. A woman may accuse her partner of having anger issues, unaware that her anger issues are just as significant.

This is a destructive process as we are certain the problems in the relationship are the partner's fault. If you find yourself blaming your partner for what you are thinking or feeling, or for how you are reacting, you are likely projecting your issues onto them.

If you feel you are projecting, the next time you are triggered by your partner consider the part of you that is like them. If you complain your partner is disorganized, maybe there are some aspects of your life that are not as organized as you would like and you are bothered by that. When we can see how our partner is triggering our own issues, we no longer judge so harshly.

When we can see how our partner is triggering our own issues, we no longer judge so harshly.

Try to stay with your feelings when you are triggered. Do not react or push back. This will not be easy because you will be feeling pain, but the pain is coming from emotional pain you have denied.

It can feel like craziness if your partner is accusing you of the very things you know are true about him/her. Our first impulse is to defend ourselves and point out that he, too, has the qualities he is attributing to you. Resist this urge.

Instead, quietly disengage. Take some space and don't get sucked in to the old pattern of fighting about it. Be compassionate and supportive to yourself and recognize it is not about you.

Here is the hardest part. Do not argue, defend, explain or counter attack. You will get entangled in the craziness if you do. Because you have attacked them, your partner does not have to own their stuff. They will defend or counter-attack and the downward cycle starts again.

It gets even more complicated when we add co-dependency into the mix. If one has low self-esteem and feels the partner is responsible for making her feel good, valued, beautiful and smart, she will react with strong emotions when she is not getting that from him.

In co-dependency, there is a tendency to manipulate others to get what you want or to blame them for your feelings of inadequacy or unhappiness. The reason couples get stuck in negative feelings is because both are being triggered and neither one is taking responsibility for making themselves feel strong, good and worthy.

In some ways, it is even more difficult when one person is able to look inside and self-reflect and is not projecting or co-dependent, while the other is. It can be so difficult to navigate through this, as the one projecting cannot see the other in a good light. It is as if they are having a bad dream and they see you as the antagonist.

If you find yourself stuck in this dilemma, it is time to find a good therapist. You can also download an MP3 on Codependency and Projection at gwen.ca ☒

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, "Deep Powerful Change" hypnosis CDs and "Creating Effective Relationships" series, visit www.gwen.ca and 'Like' Gwen on Facebook for daily inspiration.

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INDEPENDENT MEDIA David Christopher

MEDIA

Internet surveillance

Is your data ending up in NSA's hands?

How many websites have you visited today? How many emails have you sent? How many times have you logged onto Facebook? How often have you used services like Slack or Skype?

If you're anything like me, you probably won't be able to answer these questions. Even as I write this piece, I have 16 tabs open in my browser, I'm logged into Facebook and my office's instant messaging service is chirping away.

The Internet has become such an interwoven part of my daily routine that it's impossible to keep track of how many websites I visit or emails I send. One of the best things about the Internet is that 'it just works.' Few of us give any thought to what's actually happening to our data when we hit 'send,' click on a link or tap 'reply' to an instant message.

Unfortunately, what's actually happening to our data on its journey around the Internet has deeply concerning privacy implications. Over the years, spy agencies such as the U.S. National Security Agency (NSA) have built incredibly powerful surveillance systems capable of collecting vast quantities of our private communications data, including emails, video and voice chats, photos, videos, stored data and social networking details, and analyzing it for anything supposedly 'suspicious.'

Although we like to think of the Internet as a 'cloud,' most of it relies on Internet Exchanges - buildings that connect the most important Internet cables together. Although these Internet Exchanges ensure our data reliably makes it from point A to point B, their physical nature makes us far more vulnerable to surveillance.

Spy agencies such as the U.S. National Security Agency (NSA) have built incredibly powerful surveillance systems.

The NSA has taken advantage of this by installing listening posts, or 'splitter rooms,' in key US cities where Internet Exchanges are located. When your data travels through one of these Internet Exchanges, it is almost certainly subject to being intercepted by the NSA and stored at the main NSA Data Center in Utah. Once outside Canada, your data is treated by the NSA as foreign and loses Canadian legal and constitutional protections, representing a major loss of privacy.

Even more worrying is this surveillance is not restricted to when you visit a US website or send an email to someone south of the border. A team of experts

at the University of Toronto and York University, led by Professor Andrew Clement, have been researching this extensively as part of the IXmaps project. They've concluded that at least 25 percent of domestic Canada-to-Canada data travels via the US where it is subject to NSA surveillance.

This phenomenon is known as "boomerang routing." For example, an email sent from Vancouver to Toronto may 'boomerang' via Chicago. Even an email sent from one part of Vancouver to another may travel via the US, largely as a result of years of monopolistic practices by major Canadian telecoms, poor regulatory oversight and underinvestment in Canada's Internet infrastructure.

At OpenMedia, we've worked with IXmaps researchers on a new educational platform to raise awareness of these issues in a project made possible by the financial support of the Office of the Privacy Commissioner of Canada (www.priv.gc.ca/en/)

Our platform includes an informational video, a series of infographics, a detailed FAQ and some pointers to tools to better safeguard your privacy online. See <https://openmedia.org/en/IXmaps>

David Christopher is the communications manager for OpenMedia, a community-based organization that safeguards the possibilities of the open Internet.

Mayday! Abandon Christy Clark's ship of fools

by Bruce Mason

Let's cut the crap and cut to the chase. Let's quit cutting fake bait and wasting more precious time chucking good money after bad. We've tossed more than enough of our precious legacy and life-blood overboard, feeding the insatiably greedy sharks and their minions that float at the top of the financial food chain. Truly fed-up, it's past time for a reset; it's time to change course, right here, right now.

Make no mistake about it; we're at the epicentre, caught in a perfect tsunami storm of hot air and tidal waves – the greenhouse gas regression or green revolution – on a collision course. The eyes and hopes of much of this planet are pinned on us in BC where Greenpeace first set sail. We are not only up to the task, but we also don't have any real choice.



There is no money to help the most vulnerable citizens, but Clark's Liberals spend billions to help their friends and financial supporters. It is a greedy, hateful style of government.
– Norman Farrell

After 16 years hosting The Daily Show, Jon Stewart observed, "Bullshit is everywhere. The good news is bullshitters have gotten pretty lazy and their work is easily detected. So I say to you tonight, friends, the best defence against bullshit is vigilance. So if you smell something, say something." And may we add, be somebody, do something?

One of my most trusted and vigilant sources is Norman Farrell, a long-time accountant with a well-developed, keen sense of smell. Dubbed "master researcher" by one of my mentors, Rafe Mair, Farrell's outstanding blog, <https://in-sights.ca/>, has several thousand posts on everything from "Accountability" to "Wilderness Committee." He told me, "People have questioned my opinion, but never my facts." It's well worth bookmarking and supporting.

Just before this issue of Common Ground went to press, Farrell posted "Pull down the veil of lies" (February 26), utilizing Ministry of Finance numbers to show how the record and promises of Christy Clark (Neo)Liberals are "egregious dishonesty," in conflict with basic truth and common sense.

In the recently released 2017 Budget and Fiscal Plan, the government that got elected by promising a "Debt-Free BC" forecasted the provincial debt will grow \$11 billion to

a total of \$78 billion over the next three years. But that last number doesn't include \$100 billion-worth of contractual obligations, as if non-existent and without impact.

"Contractual obligations became a major financial commitment in the mid-2000s when BC Liberals privatized public services and moved major capital projects off balance sheets," Farrell reports. "Schools, healthcare facilities, bridges, highways and power installations – although commissioned by and for the public and paid for by the public – were financed by private organizations and therefore excluded from direct provincial debt.

"People in need of social assistance have had benefits frozen for a decade," he adds. "There is no money to help the most vulnerable citizens, but Clark's Liberals spend billions to help their friends and financial supporters. It is a greedy, hateful style of government."

To wit, Rich Coleman, the second most powerful politician in BC – he's deputy premier, minister of natural gas and minister responsible for housing – boasted on behalf of his government's record on poverty: "We have to remember that a person on social assistance, a single person on social assistance in British Columbia, gets double the annual income of a person in the Third World," he huffed, adding a Trump-like insult-to-injury: "I know you don't like it when I tell you how good this country is, but that's fine. All I ever hear is negative, negative, negative, destructive, pessimistic attitude."

No doubt, Big Rich would include Farrell's honest, meticulous facts. Here's something else to mull: if I gave you \$1 every second, in one minute you would pocket 60 dollars. After 12 days, you'd be a millionaire, beyond the wildest dreams of most of us. At that rate, for you to bank the kind of numbers our politicians toss around would take almost 32 years.

Let's get serious. Rather than investing in public retrofits, renewables, transit and care giving sectors of health and education to stimulate a rush of well-paying jobs, and instead of improving the lives of hard-working British Columbians – especially First Nations and others receiving a raw deal in an unequal economy (the highest in Canada and growing exponentially) – the BC (Neo)Liberals are attempting to bribe voters with tax money taken during Christy Clark's term and dating back an unrelenting 16 years in office.

Interesting times. Frustrating as hell, as well, as we fall further behind, as summed up in a recent email from another former high-level politician and talk show host, Rafe Mair: "Thank God for a business oriented govt. BC Hydro bankrupt – debt doubles under Christy – LNG a huge and very bad joke – Budget surplus from kids dying, ignored mentally ill, abandoned homeless – Phoney, 'balanced budget' – LNG at Squamish into the atmosphere, shit in Howe Sound to kill restored fish runs, whales, porpoise and dolphins, tankers to keep us all rich and dead – Kinder Morgan to pollute Burrard Inlet, Salish Sea, Gulf Islands and Straits

of Juan de Fuca with bitumen leaks and spills.

Now, ICBC's massive losses from their monopoly insurance company. And to top it all off, a self-styled beauty queen for a premier, who keeps airlines and photographers prosperous with our money, never answers questions and is incapable of telling the truth. BC is in the very best of hands, don't you think?"

A last word from Norm Farrell: "Because corporate media does not report the above figures, it is up to citizens to correct the record. Do so at every opportunity during the election campaign. Blow up the myth that Liberals, while pandering to special interests, are competent financial managers."

Do more than just vote, which is every citizen's right and enviable responsibility. Google the platforms and join the campaigns of the optional parties: the opposition and our best chance, NDP, the Green Party and even the Conservatives. Ask questions, become informed, talk it up. Be able to honestly look anyone in the eye, including future generations, and say, "This is what I did, up to, and including, May 9th, 2017."

Bookmark Norman Farrell's site, <https://in-sights.ca/>, sign-up for his emails and support IN-SIGHTS through donations, a wise investment in your/BC future.

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of *Our Clinic*. brucemason@shaw.ca

...*Hero* from pg. 8

sense of duty and justice. Sadly, many of these men and women end up experiencing long-lasting problems. An Australian study looked at 35 men and women from various occupational backgrounds, who had uncovered harms to the public. "Although whistleblowing is important in protecting society," the report reads, "the typical organizational response causes severe and long-lasting health, financial and personal problems for whistleblowers and their families."

Dr. Kelsey showed strength and courage by refusing to bend to pressure from drug company officials and her actions saved countless American women and their babies. Hailed as a hero, she was the second woman only to be honoured by president John F. Kennedy for distinguished federal civilian service.

On her 101th birthday in 2015, Dr. Kelsey received the Order of Canada in a private ceremony in her daughter's home in London, Ontario. She died less than 24 hours after receiving the award.

Roxanne Davies lives in British Columbia and is devoted to writing family memoirs and essays on a variety of topics. roxannemilanadavies@gmail.com

Events

For rates & placements email editor@commonground.ca

MAR 3-5

The Wellness Show – Celebrating 25 years of wellness: Vancouver Convention Centre, West Building (new). Exhibitors, workshops, demonstrations, seminars. Fri Noon-7PM, Sat 10AM-7PM, Sun 10AM-6PM.
www.thewellnessshow.com

MAR 5-10 (& other dates)

NLP & Hypnosis Certification Trainings in Whistler, BC: Mar 5-10 (or Sept 18-23) NLP Practitioner. Act now to save \$1,000 / Apr 27-May11: NLP Master Practitioner / Oct 21-Nov 6: NLP Trainer's Training Level / Nov 8-12: Hypnosis Trainer's Training. www.greatnessu.com, 1-866-939-8862.

MAR 10-12

"Self-Inquiry and Inner Transformation" – a weekend retreat with Ravi Ravindra (ravindra.ca) At Krishnamurti Educational Centre of Canada. Beautiful oceanfront setting near Victoria. Register at www.krishnamurti-canada.ca Email programs@krishnamurti-canada.ca, 250-744-3354.

MAR 10-12

Basic Holistic Hand Reflexology Certificate
Weekend Course: Introduction 7:30PM, \$10; Course \$395 + GST. Pacific Institute of Reflexology 604-875-8818, www.pacificreflexology.com

MAR 11-17

Stop the Pipelines; Start the Music – 2017: Featuring music, dancing & reports from the front lines of pipeline opposition. Fundraiser for the Unist'ot'en Camp in Northern BC. Mar 11 Vancouver; Mar 12 Fort Langley; Mar 13 Bellingham; Mar 15 Galiano Island; Mar 16 Victoria; Mar 17 Nanaimo. See www.facebook.com/events/668408633341791/

MAR 13 & MAR 31-APR 2

Mastery of Self Expression: Mar 13: Free Intro Night, 7-9PM. Workshop Mar 31-Apr 2. 604- 512-

5364. www.themasteryworkshops.com, emily@themasteryworkshops.com

MAR 19

Richmond – Free Workshop "Positive Mysticism," Theory / Practice of Inner Light Meditation. 2-4PM, Meditation & Ecology Centre. Registration / Information Linda: 604-985-5840.

MAR 19

The Global Forest: Diana Beresford-Kroeger. Free talk at Banyen. 11:30AM-1PM. 3608 W. 4th Avenue, Vancouver. 604-732-7912. www.banyen.com

MAR 21

Vancouver – Free Workshop "Positive Mysticism," Theory / Practice of Inner Light Meditation. 6-9PM, Science of Spirituality. Registration / Information Linda: 604-985-5840.

MAR 23

Bright New World: Maitreya the World Teacher – Free Presentation 7PM, Central Library, 350 W. Georgia St., Peter Kaye Room, www.share-international.ca

MAR 24 & 25

Mark Nepo: New York Times #1 bestselling author gives a talk Mar 24, \$20, 7:30PM, "The Way Under the Way." Mar 25: Workshop \$99, 9:30AM-5PM. "The One Life You've Been Given." Unity of Vancouver, 5840 Oak St., Vancouver. Order online at www.unityofvancouver.org

MAR 24-26

Basic Holistic Foot Reflexology Certificate
Weekend Course: Introduction 7:30PM, \$10; Course \$395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

MAR 25

Women's Health Show 9:30am-6pm Fairmont Hotel Vancouver, 900 W. Georgia. **Bestselling author John Gray is a special guest.**

Talk: Beyond Mars & Venus (his new book). Full details at www.womensvoicehealthshow.com

MAR 25-26

The Victoria Women's Expo: The ultimate girls' weekend for fun, food, shopping, entertainment, fitness, celebrities and more! With vegan author Kim Barnouin, Dr. Karen Jensen & Dr. Marita Schauch. Pearkes Recreation Centre. Sat 10-5PM, Sun 10-4PM. www.victoriawomensshow.com See display ad pg. 9 for coupon info.

MAR 27

JP Sears "Ultra Spiritual" – 7:30PM at UBC Robson Square. Tickets \$16 through www.banyen.com

MAR 31

Nutritionist and author Vesanto Melina gives a talk on creating a life-lengthening lifestyle. 7:15PM at Vancouver Cohousing. Register through Meatless Meetup. www.meetup.com/MeatlessMeetup/events/236730119/ or email: vesanto.melina@gmail.com

APR 7-9

The Inner Sexual Pathways: A shamanic workshop for men & women. In Vancouver. Reconnect to your true sexual nature. Re-ignite your sexual energy. Hosted by the Institute of Shamanic Medicine. www.shamanicmedicine.ca info@shamanicmedicine.ca

APR 11

"The Real Estate Crisis in Vancouver: Why it's happening, who's winning and how it can be fixed." Featuring American economist Michael Hudson, president of the Institute for the Study of Long-term Economic Trends (ISLET) & author of numerous books, including J is for Junk Economics. Doors 6:30PM. Starts 7PM. Rio Theatre, 1660 E. Broadway. Tickets at www.real-estate-crisis-vancouver.eventbrite.com

APR 22-23

Become a Certified Life Coach or Executive Coach: In Vancouver. This 2-day intensive will teach you everything you need to know to succeed. Only Certified Coaches Federation graduates earn the esteemed Certified Life Coach Practitioner designations. Register at 866-455-2155 or 403-389-1190 or www.certifiedcoachesfederation.com

APR 27-30

Alex Grey & Allyson Grey in Vancouver: Join these world-renowned visionary artists for a unique series of events that showcase the interconnection of art, consciousness, community and culture. www.apparentproductions.com

MAY 27-28

Inner Engineering with Sadhguru – Vancouver Convention Centre. Learn a powerful, 21-minute practice. This is an advanced level program. Pre-requisite: completion of Inner Engineering Online, which can be done in the convenience of your home. www.InnerEngineering.com, 604-900-1913.

JUNE 10 & JUNE 11

Deva Premal & Miten with Manose: An evening of Bliss Mantras & Songs "Temple at Midnight Tour" featuring Joby Baker & Rishi. JUNE 10: Vogue Theatre Vancouver. Tickets at www.ticketfly.com, 888-732-1682 or the Theatre Box Office. JUNE 11: McPherson Playhouse, Victoria. Tickets at www.rmts.bc.ca, 250-386-6121 or the Theatre box Office.

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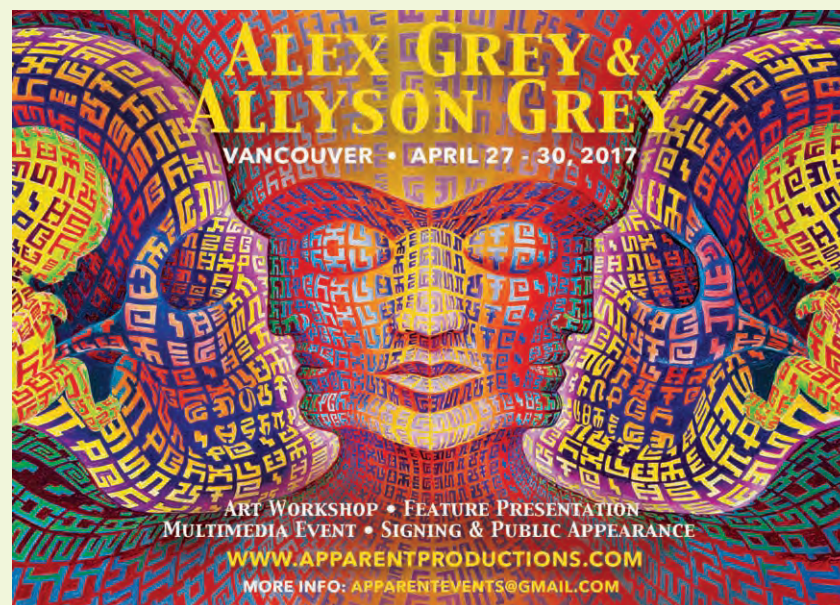
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Realities of a deceptive system

Michael Hudson
interviewed by **Sharmini Peries**
of **The Real News Network**

Michael Hudson, author of the newly released *J is for Junk Economics*, says the media and academia use well-crafted euphemisms to hide fictitious capital, debt deflation and the global economic crisis.

Sharmini Peries: Why did you write *J is for Junk Economics: A Guide to Reality in the Age of Greed and Deception*?

Michael Hudson: I originally wrote it as an appendix to a book to have been called *The Fictitious Economy*. That draft was written before the 2008 crisis. My point was that the way the economy is described in the press and in university courses has very little to do with how the

economy really works. The press and journalistic reports use a terminology made of well-crafted euphemisms to confuse understanding of how the economy works.

In addition to giving key words to explain what's positive and how to understand the economy, I discuss the misleading vocabulary, the Orwellian double-think used by the media, bank lobbyists and corporate lobbyists to persuade people that austerity and running into debt is the



**In a fake news era Fake prices +
Fake productivity = Fake economy.**

key to wealth, not its antithesis. The aim is to make them act against their own interests, by drawing a fictitious picture of the economy as if it's a parallel universe.

If you can make people use a vocabulary and concepts that make it appear that when the 1% gets richer, the whole economy is getting richer – or when GDP goes up, everybody is improving – then the people, the 95% who did *not* improve their position from 2008 to

2016 somehow can be made to suffer from the Stockholm syndrome. They'll think, "Gee, it must be my fault. If the whole economy is growing, why am I so worse off? If only we can give more money to the top 5% or the 1%, it'll all trickle down. We've got to cut taxes and help them so they can give me a job because as Trump and other people said, Well, I never met a poor person who gave me a job."

I've met a lot of rich people, and instead of giving people jobs when they buy a company, they usually make money for themselves by firing people, downsizing and outsourcing labour. So you're not going to get the rich necessarily giving you jobs. But if people can somehow think that there's an association between wealth at the top and more employment, and that you have to cut the taxes on the wealthy because it'll all trickle down, then they have an upside-down view of how the economy works.

I had written an appendix to the book and that took on a life of its own. If you have a vocabulary that describes how the world and the economy actually work, then one word will lead to another and soon you build up a more realistic picture of the economy. So I not only discuss words and vocabulary, I discuss some

of the key individuals and the key economists who've made contributions that don't appear in the neoliberal academic curriculum.

There's a reason the history of economic thought is not taught anymore in the universities. If people really read what Adam Smith wrote and what John Stewart Mill wrote, they'd see that Smith criticized the landlords. He said that you've got to tax away their rents because it's a free lunch. Mill defined rent as what landlords make in their sleep, without working. Adam Smith said that whenever businessmen get together, they're going to conspire as to how to get money from the pub-

as George Orwell said, you need a different vocabulary.

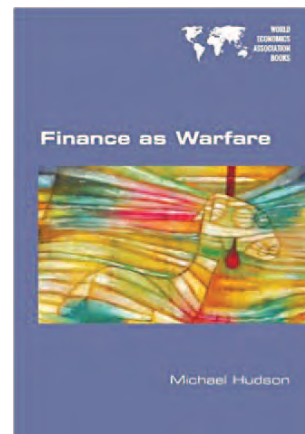
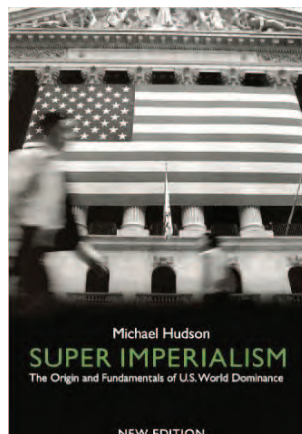
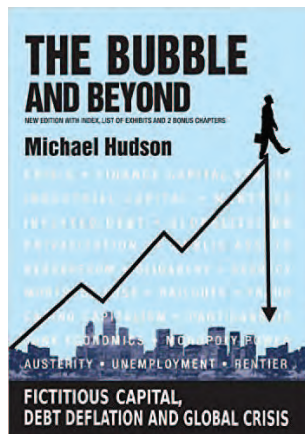
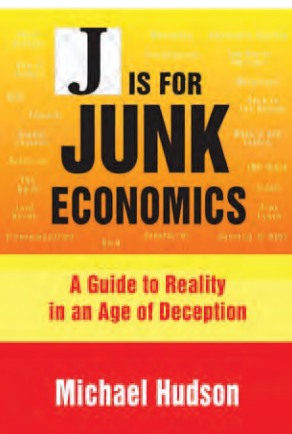
SP: You also talked about how businessmen use these terminologies in order to mislead us. We have a businessman in office, as president of the United States, who is proposing all kinds of economic reforms supposedly in our favour, in terms of workers. And you know, the big infrastructure projects he is proposing that are supposed to elevate and lift people out of poverty and give them jobs and so on. What is the mythology there?

MH: Well, you just used the word "reform." When I grew up, and for the past century, "reform" meant you unionize labour, you protect consumers and you

social spending and leave everything in a privatized way to the wealthy, and to the corporate sector.

So reform is the first word that I'd use to illustrate how the meaning has changed as it's used in the mainstream press. Basically, what the right wing has done in this country is hijack the vocabulary that was developed by the labour movement and by socialist economists for a century. They've appropriated it and turned it to mean the opposite.

There are 400 words that I deal with. Many of these words show how the meaning has been turned upside down, to get people to have an upside-down view of how the economy works. 



Michael Hudson is a distinguished research professor of economics at the University of Missouri, Kansas City, and author of many books including: **The Bubble and Beyond** and **Finance Capitalism and Its Discontents**, and **Killing the Host: How Financial Parasites and Debt Destroy the Global Economy**. Hudson's most recent book **J is for Junk Economics: A Guide to Reality in the Age of Greed and Deception** is an A-to-Z guide that explains how the world economy really works – and who the winners and losers are. The book includes 400 concise acerbic entries, essays, and full topic index. **Junk Economics** covers contemporary terms that are misleading or poorly understood, and important concepts that have been abandoned – many on purpose – from the long history of political economy. Two key concepts are Rent Theory and Debt, which explain how Unearned Income and the Financial Sector impoverish governments and populations the world over as power and riches flow upward into the hands of the few. Several additional essays provide background for key points and explore today's uncertain political and economic environment.



To make an alternative, you need an alternative way of looking at the world. And to do that you, as George Orwell said, you need a different vocabulary.

lic at large – how to do a deal and mislead people that it's all for society's good.

This is not the kind of free enterprise that people who talk about Adam Smith explain when they depict him as if he were a tax cutter, an Austrian economist or a neoliberal. They don't want to hear what he actually wrote. So my book is really about reality economics. I found that to discuss reality economics, we have to take back control of the language or economic methodology, not use the logic that they use.

Mainstream economists talk as if any status quo is in equilibrium. The subliminal trick here is that if you think of the economy as always being in equilibrium, it implies that if you're poor or you can't pay your debt, or you have problems sending your kids to school, that's just part of nature. As if there isn't an alternative. That is what Margaret Thatcher said: "There is no alternative." My book is all about how, of course, there's an alternative. But to make an alternative, you need an alternative way of looking at the world. And to do that you,

regulate the economy so there's less fraud against consumers. But the word "reform" today, as used by the International Monetary Fund in Greece when it insists on Greek reforms, means just the opposite: You're supposed to lower wages by 10 or 20%. You cut back the pensions by about 50%. Ideally, you stop paying pensions in order to pay the IMF and other foreign creditors. You stop social spending. So, what you have is an



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inversion of the traditional vocabulary. Reform now means the opposite of what it meant early in the 20th century. It's no longer Social Democratic. It's right wing, anti-labour, pro-financial "reform" to cut back

regulate the economy so there's less fraud against consumers. But the word "reform" today, as used by the International Monetary Fund in Greece when it insists on Greek reforms, means just the opposite: You're supposed to lower wages by 10 or 20%. You cut back the pensions by about 50%. Ideally, you stop paying pensions in order to pay the IMF and other foreign creditors. You stop social spending. So, what you have is an



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